

WHEN YOUR CHILD IS HAVING A TANTRUM

Keep calm with deep breaths, mantras, and remember, it's not personal.

SAY

- Use a low, slow, calm voice.
- Say what you see.
- Put their feelings into words.
- Empathise.
- Tell them you love them, no matter what.

DO

- Get down on your child's level.
- Offer a hug, hold hands, or rub their back.
- Offer food or drink.
- Give them space, but stay close.
- Create a safe space to express feelings.

TRY

- Deep breathing exercises and games.
- Punching a pillow to release frustration.
- Clenching and unclenching fists.
- Playing some music.
- Setting up a space with calm down tools.

Wait until it is over.